



**Angela  
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Medicine &  
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Medicine Division  
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### What does your job entail?

My job has a strategic focus on emergency & urgent assessment pathways, alternatives to admission & ambulatory pathways. My role is both community and primary care facing and is the Assistant Director support to Antrim Site. As an Assistant Director I support the Divisional Director and the Divisional Medical Director in the strategic planning and delivery of these services.

### How did you get into this line of work?

I started my career as a registered nurse and through career progression I ended up in a managerial role in my desire to improve and support service improvement as well as staff development. I have worked my way through the various grades in nursing to my current role as Assistant Director so have in many ways learned my job from the bottom up.

### Outline your career to date

I qualified as a Registered General Nurse in August 1985 and commenced my first post in the Northern Trust in October 1985 and have remained in NHSCT since. I was appointed as a Band 6 Nurse in Cardiology when the new Antrim Hospital opened and after five years moved on to the role of Band 7 Ward Sister in a medical ward. This was my dream job and one I had always aspired to but never dreamed of achieving. I completed a Post Graduate Diploma in Health & Social Services Management July 2002 and then started a role as 8A Lead Nurse in 2006 and remained in this role until 2012 progressing to Clinical Services Manager 8B in 2014 and then appointed to my current 8C Assistant Director post in 2020.

### Tell us about your qualifications and training

I trained as a Registered General Nurse in Altnagelvin Hospital from June 1982 until August 1985 before being appointed to my first staff nurse post in Waveney Hospital in October 1985. I undertook various leadership training opportunities such as the ward manager development programme, Post Graduate Diploma in Health & Social Services Management, and the Aspire Leadership programme most recently. These programmes were invaluable for allowing me to network and make links outside the Trust and organisation and these links remain as valuable today as they first were.

### What qualities are required for your job – personal and professional?

This is a role that requires you to work across many boundaries and interface with diverse ranges of people so very much require to be able to communicate effectively. It is a role that requires you to have stamina and a dogged persistence, but it also requires you to be supportive of your staff and teams around you and ensure their emotional and physical health and wellbeing are considered and supported. You are required to be a motivator and to deliver on the strategic aims and objectives of the division and organisation and at all times to keep our patients at the centre of what we are doing because after all, that is the reason we are all doing what we do – to deliver the best we can to those patients who require our care and support.

### What do you like to do in your spare time?

I like to bake in my spare time, and I love to spend time with my grandchildren who are all involved in various hobbies, such as rugby, dancing, horse-riding, so I am kept busy and yet very fulfilled and proud.

### Tell us an interesting fact about yourself

I love travelling and plan to visit different countries at least three times a year (very curtailed during covid so making up for lost time now).

### Who has inspired you most in your life?

I would have to say my mother has been my inspiration and support. She is a very determined lady and has always supported my career and been there as a listening ear where guidance and support were needed. I knew a nurse was what I wanted to be from childhood and my mum assisted me in achieving my dream.

### What advice would you give your 16-year-old self?

Believe in yourself and you can achieve anything you want to.